



DRAE & DRE

— COLLECTIVE CIC —

EMPOWERING PEOPLE.
BUILDING SKILLS.
CREATING OPPORTUNITY.

WELLBEING

BUILDING CONFIDENCE



**BELIEVE IN YOURSELF.
SHOW UP. STAND OUT.**

Confidence helps you step forward, speak up, take opportunities and achieve your goals. It's a skill you can build and strengthen every day.



WHY IT MATTERS

Confidence helps you perform better, handle challenges, build relationships and progress in your career. When you believe in yourself, others do too.



BUILD YOUR CONFIDENCE

- ✓ **KNOW YOUR STRENGTHS**
Identify what you're good at.
Focus on your skills and achievements.
- ✓ **SET SMALL GOALS**
Start small, take action
and celebrate progress.
- ✓ **STEP OUT OF YOUR COMFORT ZONE**
Try new things, even if it feels scary.
Growth happens outside your comfort zone.
- ✓ **PREPARE AND PRACTICE**
Good preparation builds
confidence and reduces anxiety.
- ✓ **LEARN FROM SETBACKS**
Mistakes are part of learning.
Don't be so hard on yourself.



**YOU ARE STRONGER
THAN YOU THINK.**



CHANGE YOUR MINDSET

- ✓ **STOP COMPARING YOURSELF**
Everyone has their own journey.
Focus on your progress, not others.
- ✓ **TALK TO YOURSELF KINDLY**
Replace self-criticism with
positive, empowering thoughts.
- ✓ **FOCUS ON SOLUTIONS**
Look for opportunities,
not problems.
- ✓ **VISUALISE SUCCESS**
Picture yourself achieving your goals.
Believe it's possible.
- ✓ **SURROUND YOURSELF
WITH POSITIVE PEOPLE**
Good energy, support
and encouragement matter.



**YOU HAVE MORE POTENTIAL
THAN YOU KNOW.**



CONFIDENCE IN ACTION

- ✓ **SPEAK UP**
Share your ideas and opinions.
Your voice matters.
- ✓ **TAKE OPPORTUNITIES**
Say "yes" more often.
You can learn as you go.
- ✓ **BE PREPARED**
Do your research and
know what you're talking about.
- ✓ **DRESS FOR CONFIDENCE**
Wear what makes you feel
comfortable and confident.
- ✓ **KEEP GOING**
Consistency builds self-belief.
Keep showing up.



**CONFIDENCE IS BUILT,
NOT BORN.**

DAILY CONFIDENCE BOOSTERS



Start your day
with a **positive**
affirmation.



Celebrate your
small wins.



Surround yourself
with **positivity**.



Focus on what you
can control.



Take time for
self-care.



NEED HELP OR WANT TO LEARN MORE?

We can help you build confidence and believe in yourself.
Explore our resources, guidance and training.
Get in touch with Drae & Dre Collective CIC for support.



VISIT OUR WEBSITE

www.draeanddre.com



**BELIEVE IN YOURSELF.
BACK YOURSELF.
KEEP GOING.**



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